

## WHOLE HEALTH AND HEALTHY LIVING NEWSLETTER

### Veterans Helping Veterans

Veterans receive help and guidance from fellow Veterans throughout their Whole Health journey. Volunteer “peer facilitators” not only understand the Veteran experience but have learned how to Live Whole Health and can share their knowledge. Peer facilitators also teach Whole Health classes for Veterans where they assist participants in developing their own personal health plans. Watch this video to learn more about the role of peer facilitators in Whole Health: <https://www.youtube.com/watch?v=OLLSCVvGitU>.

### San Diego VA Whole Health Resources for Veterans:

Offering	Description
Introduction to Whole Health	Virtual class open to all Veterans and their support system to learn more about Whole Health. Which is an approach to healthcare that focuses on what matter to YOU.
Taking Charge of My Life and Health	This is a 6-week virtual work group to provide resources for self-exploration, self-care, and goal setting which all surround what is important to YOU.
Battlefield Acupuncture “BFA”	An Auricular (Ear) Therapy that can assist in pain relief. Roughly 80% of people report reduced pain symptoms and improved function, often experiencing several days of relief as early as the first treatment. Tuesdays 1:00-2:30 PM, La Jolla Jennifer Moreno VA, Chapel Spiritual Wellness Center Wednesdays 10:00-11:30 AM, Kearny Mesa, Room 2019B Thursdays 1:30-3:30 PM, Oceanside VA Clinic, 2 <sup>nd</sup> floor, Conference Room B
Yoga	Trauma informed Yoga, designed for all skill levels, and modifiable for mobility limitations. Tuesdays 10:00-11:00 AM in La Jolla Jennifer Moreno VA, Patient Education Room 1493 Friday 1:00 – 2:00 PM in Oceanside VA Clinic, 2 <sup>nd</sup> floor, Conference Room B
Guided Imagery	A focused practice that involves each of the five senses to ignite positive healing messages throughout the mind and body. The practice is often interchanged with visualization, self-hypnosis, and guided meditation, but it has its own set of techniques.
Zumba	Monday at the La Jolla Jennifer Moreno San Diego VAMC from 11:40am-12:20pm. (coming soon!)
Mindful Movement	Beginner level class to teach Veterans different ways they can move their body while being mindful of how they move.
<a href="#">Ompractice</a>	Veterans have free access to live virtual wellness classes (ex: yoga, meditation, tai chi) after creating an account. Visit <a href="https://app.ompractice.com/veteransaffairs">https://app.ompractice.com/veteransaffairs</a> to begin!

### Interested? Contact a San Diego Whole Health Coach:

- Art Cendreda: 619-228-6204 VA Cell
- Edwin “Eddie” Valerio: (858) 239-3297 VA Cell
- Racquel Williamson: 619-203-5973 VA Cell; 760-643-4570 VA Desk

## Be Tobacco Free



“Quitting tobacco use is the single most important thing you can do to improve your health and protect your family’s health. If you quit smoking or other forms of tobacco, you and your family will experience short and long-term health benefits. It’s never too late to quit—your health will improve at any age after quitting tobacco!” To learn more, please visit:

[www.prevention.va.gov/Healthy\\_Living/Be\\_Tobacco\\_Free.asp](http://www.prevention.va.gov/Healthy_Living/Be_Tobacco_Free.asp)

## San Diego VA Tobacco Cessation Resources for Veterans:

### San Diego VA Pharmacy Telephone Tobacco Treatment Clinic

- The Pharmacy Telephone Clinic provides telephone counseling for quitting tobacco use.
- To enroll, call 858-642-3903

### San Diego VA Tobacco Treatment Groups (virtual):

- 60-minute counseling on behavior change, support, and medications to help you stop using tobacco.
- No referral or appointment is needed. There is no co-pay for attending tobacco cessation treatment.
- To join Tuesday groups, call Dr. Greco at 619-497-8236  
To join Wednesday groups, call Dr. Roman at 619-892-9857  
To join Friday groups, call Dr. Doran at 858-552-8585 ext 2421



### Upcoming Event: Lung Cancer Screening Fair

- Veterans, their family, and VA staff are invited!
- Jennifer Moreno (San Diego) VA Medical Center Multipurpose Room
- Monday, November 13 11am-1pm
- Learn about lung health, lung cancer, tobacco cessation, and more!

## Additional VA Tobacco Cessation Resources for Veterans:



### Stay Quit Coach App

A free app to help Veterans stay on track with quitting, including how to cope with nicotine withdrawal. The app can be used on its own but is best paired with the help of a trained counselor. Click here for more information: <https://mobile.va.gov/app/stay-quit-coach>



**Tobacco Cessation Workbooks:** Tobacco Cessation Workbooks can be downloaded or printed here! [www.mentalhealth.va.gov/quit-tobacco/how-to-quit.asp](http://www.mentalhealth.va.gov/quit-tobacco/how-to-quit.asp)

Visit this QR code to watch a video about quitting smoking!

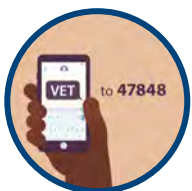
Updated 11/2023

# VA Tobacco Cessation Resources



## Counseling

Call **Quit VET (1-855-QUIT-VET, 1-855-784-8838)** to speak to a tobacco cessation counselor between 9 a.m. and 9 p.m. Eastern time, Monday through Friday. Quit VET connects Veterans to a trained counselor who can help develop a quit plan and provide ongoing counseling and support to prevent relapse.



## Text Support

Sign up for **SmokefreeVET** to receive texts with tips and tools to beat cravings by texting **VET** to **47848**. Benefits of signing up for SmokefreeVET include regular text messages and extra support at your fingertips when you text the keywords URGE, STRESS, SMOKED, and DIPPED to 47848.



## Online Support

Follow the SmokefreeVET Facebook page for tips and encouragement from other Veterans **[facebook.com/smokefreevet](https://facebook.com/smokefreevet)**



## Medications

Talk to your doctor about using the patch, gum, lozenges, or other medications to help you quit. Watch a video to learn about VA's proven approach, combining **counseling with medication**.



## Self-Help

Find VA resources and more tips for quitting at **[mentalhealth.va.gov/quit-tobacco](https://mentalhealth.va.gov/quit-tobacco)** and **[veterans.smokefree.gov](https://veterans.smokefree.gov)**

## Local Resources



U.S. Department  
of Veterans Affairs